



NCARNG

Weekly Safety Newsletter



July 10, 2015

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The Great Outdoors

**Camping, Hiking, Hunting, Fishing...
Enjoy Nature Safely**



Whether you're roughing it in a tent or planning a family outing to a national forest, there are many ways to make sure your experience is fun and safe. Consider the following safety tips to help ensure you fully enjoy the great outdoors.

Physical Activities

Camping is a great way to get physical activity. Do things such as walking, hiking, biking, or swimming to keep you active during your camping trip. Be sure to bring protective gear, such as helmets, sturdy shoes, and life jackets. Avoid poisonous plants, like poison ivy, poison oak, and poison sumac. Know your limits, and take steps to avoid injury during activities. Never hike or swim alone. Watch kids closely.



Avoid wild animals, and protect family pets.

Some wild animals carry diseases that are dangerous to people, including rabies, hantavirus, Giardia infection, and more. Avoid touching, feeding, and getting near wild animals. Enjoy watching them from a safe distance in their natural surroundings. Keep foods stored in sealed containers and out of the reach of animals. Make sure your family pets are vaccinated and always keep a close eye on their whereabouts. Check for ticks, and remove them promptly. Make sure pets have plenty of water, food, and shelter.

Beware of Bugs

Mosquitoes, ticks, and other insects can cause certain diseases. For example, mosquitoes can cause West Nile Virus, and ticks can cause Lyme disease. To help fight the bite, apply insect repellent containing DEET to exposed skin. Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can protect up to several hours. Apply the insect repellent permethrin to clothes to help keep ticks from attaching to them. Be sure to follow directions on the package. Check for ticks daily, and remove them promptly. Wear long sleeves, pants, and other light-colored clothing to help prevent and spot ticks more easily.



Avoid water-related illness and injury

Just because a stream's water looks clear, it doesn't mean it's safe to drink. Giardia and Cryptosporidium are two parasites that you can't see, but they can make you very sick. Always treat or filter water to make it safe to drink. Take a shower before and after swimming. Never swim alone. If you plan to ride in a boat, canoe, or other water vehicle, be sure to wear a life jacket.

Build fires in a safe area.

Your open fires and fuel-burning appliances must be far enough away from the tent to prevent ignition from sparks, flames, and heat. Never use a flame or any other heating device inside a tent. Use a flashlight or battery-powered light instead.

Be prepared

Always prepare for the unexpected. Before you leave, check the weather report and tell family and friends your plans. Be sure to bring along a supply kit that includes a first-aid kit, compass or GPS, map, flashlight, blankets, batteries, food, water, clothes, and medications.



**For more information visit www.cdc.gov/family/camping/ or www.fs.fed.us/recreation/safety/safety.shtml#camp



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8 Tips to Avoid Food Poisoning

Summer barbecues, outdoor potlucks, and storing all of your food in a camping cooler can sure be risky business—especially when warm weather makes conditions ripe for food poisoning. You can protect your food and your health, and still enjoy a nice summer meal in the great outdoors by enlisting these eight food safety tips to help prevent food borne illnesses...

1. Pack Away Uneaten Food

Food that's left out in warm temperatures for more than an hour are just begging for bacteria to join the party. That means, leftovers should be wrapped, packed, and refrigerated as soon as possible.

2. Marinate Meat on the Cool

Leaving foods to marinate in room temperatures, is asking for food poisoning. Instead, marinate meats and let them suck up the flavor safely in the refrigerator, keeping them safe and cool until they are ready for grilling.

3. Don't Reuse Marinades

Consider any marinade that has come into contact with raw fish, chicken, poultry, or meat off limits on cooked meat. Re-using marinade as a sauce after it's contaminated by raw meat is prime for food contamination.

4. Grill Well Done

You can quickly judge the safety of cooked meat by enlisting the aid of a food thermometer. Red meats and fish should reach an internal temperature of 160-Fahrenheit, while poultry should reach 165-Fahrenheit to ensure all bacteria is banished.

5. Don't Contaminate Surfaces

If you've just used a platter to transfer raw chicken to the barbecue—don't use the same platter to transfer cooked chicken to guest's plates. Raw and cooked foods should never touch the same surface without first sanitizing it with hot, soapy water.

6. Don't Mix Utensils

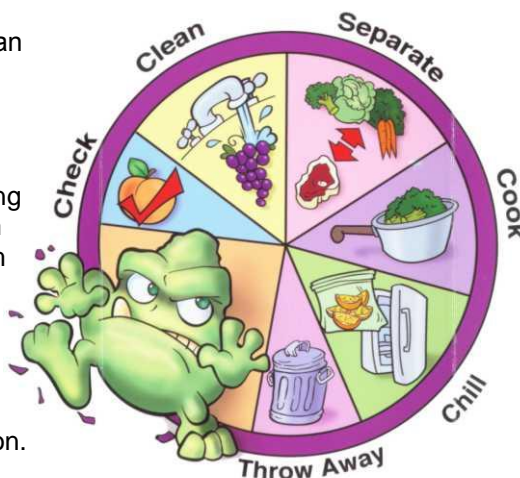
If you use a fork and knife to cut into uncooked meat—don't use the same fork and knife to cut into cooked meat. Food bacteria can transfer from uncleaned, shared utensils that have come into contact with raw meats.

7. Cooler Safety

You don't necessarily need a refrigerator to safely store cold foods while camping. However, coolers should be packed with ice or ice packs to keep your storage container, and the foods within, at a safe temperature. When out for eating, cold foods and salads should be presented safely for guests to eat in containers set atop bowls of ice or cooler packs. Again, cold foods should never be left out in the heat, but stored immediately back in cool temperatures.

8. Sanitize Hands

Like surfaces and cooking utensils, your own hands can transfer food bacteria if you're handling a mix of raw and cooked foods. This is why thoroughly washing (or using hand sanitizer when camping) can safeguard food and loved ones from the spread of food borne germs



**For more information visit www.activebeat.com/diet-nutrition/8-tips-to-avoid-summer-food-poisoning/